

May 2008

The Official Newsletter of Capital Rowing Club

QUICK CATCH!



Community Rowing in the Nation's Capital

www.capitalrowing.org

COACHES' CORNER

Tips on making your training most effective

BY COACH GUENNADI BRATICHKO with SAMEERA HASAN, Club AM & Sculling programs



IN April, rowers returned to the water after a long winter absence. The four weeks of April were spent transitioning from land training to on-the-water training. Now, April is over and rowers' bodies have adjusted to a different mode of training and the routine of waking up (Club AM and Competitive team rowers), or scheduling time (PM, SAW, Navy Yard rowers) to attend practice. From now on, the training will be specific – in a boat or on an erg. May is the time for the next step which is to get into shape in order to compete in the sprint regatta season.

Coach Guennadi notes, first, that it is very important for rowers to come to practice and do on-the-water training. Weight training was good for winter, on-the-land training. Coach Guennadi reminds rowers, however, that our goal is to win races on the water (not to win weight-lifting competitions!), which

Capital's Competitive Men's and Women's coach Guennadi Bratichko was again interviewed for the May Coaches' Corner article. Although this article may seem to be aimed primarily at those rowers wanting to compete in sprints, the advice provided will benefit all rowers who have the common goal of continuing to progress in skill, strength and conditioning – not just those who desire to race. If you do not row in the morning, please adapt the advice to meet your schedule and needs.

is accomplished by the ability to move the boat effectively. Instead of weights, Coach Guennadi says that if rowers have extra energy after morning practice or want more of a challenge, that it is better to do some light cardio for about 40 minutes in the afternoon, 3 times per week. It could be done on the erg. By attending practice, rowers will work on the strength and endurance required for racing without focusing on general endurance. The light cardio (optional) workouts will help to build a rower's general endurance and greatly supplement the benefits of morning practice.

If, however, a rower must miss practice, Coach Guennadi states that the daily workout must be made up on the same day on the erg, using pieces and pressures that emulate the rowing pieces. If an erg is unavailable, rowers may use a treadmill or stationary bike to replicate the rowing piece workout of the day. This means, that if Monday's rowing practice was 3 x 10 minutes, at a rate of 26 – 28 spm, full pressure, then the erg or cardio replacement workout should be for the same time, intensity and with the same rest intervals taken, being sure to stick with

the targeted intensity or heart rate. Basically, Coach Guennadi just reminds rowers that unless you are sick, not to miss practice. If you must miss practice, make up the rowing workout on the erg or other equipment if ergs are not available. He does note that the day's prescribed workout cannot be made up; don't do Monday's workout on Tuesday. Monday is gone, so just try to start again the next day.

Finally, Coach Guennadi recommends that, with the changing weather, rowers stay hydrated by keeping water with you in the boat and also drinking plenty of water (2 liters!) throughout the day. Nutrition is also important, as what rowers do and eat in between practices will enhance or reduce the benefit of the rowing workouts.

Good luck to everyone this sprint season!
Go Capital!

GOALS FOR MAY

- Come to practice!
- If you're unable to attend practice, make up the workout on the same day.
- Be sure to stay hydrated and keep good eating habits.

May

CRC EVENTS

Cambridge, Massachusetts, based Row As One, was founded by Olympic gold medalist Holly Metcalf, shown here coaching CRC's 2007 WeCanRow class on the Anacostia.



Fri. 5/02
Gear order payments due. Payment drop-off in marked envelope on the corkboard at back of the boathouse. Or contact Rachel Freedman, Gear Procurement Specialist – freerayn@capitalrowing.org.

Sat. 5/03
Novice Sculling AC Boathouse
Session begins. Contact Michelle Fryc for more information – michelle_fryc@capitalrowing.org.

Wed. 5/07 - 7:00 pm
CRC Board Meeting
Place TBD
All members are welcome to attend. Contact secretary@capitalrowing.org for more information.

Sat. 5/10
CCW Sprints
Wilmington, DE
The Christiana Sprints (aka Capital, Carnegie, Wilmington Regatta) hosted by Wilmington Rowing Club. No Novice Sweep class this day.

Fri. 5/16
WeCanRow
AC Boathouse
Capital hosts WeCanRow - D.C.'s Learn to Row Weekend. Volunteers needed. Contact nancykellner@verizon.net for more information.

Sun. 5/18
11th Day BBQ & Regatta
AC Boathouse
BBQ and regatta for Novice Sweep Weekend 1 and Week-day 1 classes. All members encouraged to support your

future teammates! Volunteers needed. Contact learntorow@capitalrowing.org for more info.

Sun. 5/18
Comp. Team Erg Test #2
Place & Time TBD

Sat. 5/31
Stonewall Regatta
AC Boathouse
Hosted by DC Strokes Rowing Club. Stay tuned for more information from CRC's Race Czarina, Christina Erling.

For more information on these events, visit
www.capitalrowing.org.

BREAST CANCER SURVIVORS ROW TO RECOVERY

CRC hosts WeCanRow - 4th Annual LTR weekend May 16-18

BY NANCY KELLNER, CLUB PM program



CRC will again be host to a group of 16 breast cancer survivors and WeCanRow DC for an intensive yet pampering learn-to-row weekend. Since May 2005, more than 40 breast cancer survivors have learned to row at Capital. Today, over 30 remain active participants in WeCanRow DC and continue to row. Read on to learn about Capital's key role in the development of this organization and these rowers.

What is WeCanRow DC?

WeCanRow is a Row As One program designed specifically for women who have survived breast cancer. Row As One is an institute based in Cambridge, Massachusetts, founded by Olympic gold medalist Holly Metcalf. The WeCanRow (Women Enduring Cancer Row) program begins where surgery and physical therapy leave off, creating new opportunities for these patients to heal, both physically and emotionally.

WeCanRow DC, Inc. is the DC chapter of the national organization, now a separate entity and applying for 501(c)(3) status – and, like Capital, all-volunteer run and largely dependent on dues and donations. WeCanRow DC (WCRDC) has been featured by local media including WUSA Channel 9, Comcast Cable Network, *The Washington Post*, *Hill Rag* and the *Alexandria Gazette-Packet*, and nationally by *Women & Cancer Magazine* and *US Rowing Magazine*.

How did Capital get Involved?

In December 2004, Doris Parker took up rowing at Alexandria Community Rowing (ACR) to help her recover from the effects of her breast cancer treatment, which included multiple surgeries and chemotherapy. Looking for a way to share her newly found passion for the sport with other survivors, she contacted Row As One in Boston for assistance in organizing a local learn-to-row opportunity.

In December 2004, I was beginning my second year as Club PM Program Representative, when then-President Karen Werth mentioned that Doris had contacted her about supporting a WeCanRow program. Doris had already been turned down by ACR and Potomac Boat Club (PBC).

Coincidentally, I was also in my second

year of recovery from breast cancer. I had learned to row in 2002, before being diagnosed, and during 2003 and 2004 relied heavily on rowing and the CRC family to regain strength and health. In fact, CRC Competitive rower Cheryl Powers had steered me to Holly Metcalf and WeCanRow-Boston as a way to confirm that I could indeed, return to a sport I had already come to love. (I had been told "no way" by a national breast cancer help line.)

So when Karen asked the Board whether Capital would be interested in this project, the answer was a resounding 'absolutely.' I took on the role as liaison and, eventually, Doris's cohort, along with Beverly Buffkin, a long-time PBC rower and also a survivor. The idea for a weekend gradually emerged and has become an annual Lance Armstrong Foundation **LIVESTRONG** event (but, unfortunately, doesn't come with any money.)

Each year, CRC volunteers have been characteristically generous with their time and energy to make the WeCanRow's learn-to-row weekends a huge success, providing erg coaching, coxing and on-the-water coaching, launch driving, full access to Capital equipment, and tons of general assistance, all along with a warm and welcoming atmosphere.

Most of the weekend participants have little or no experience with the sport of crew and for many, it is their first exposure to a team sport. The weekend starts with

the fundamentals of the sport – safety (of course), equipment and vocabulary. Next, the group boards CRC's barges. In between there are sessions with a yoga instructor, specialized physical therapist, massage therapist and catered meals.

By the end of the weekend, the participants will be whizzing around the Anacostia River in eight-person rowing shells with experienced coxswains. Curt Frank, former CRC competitive rower and coach, has joined Holly Metcalf for past weekends. This year, Curt will be joined by our very own Jane Wang, who coached WeCanRow novices last summer.

With the hopes of repeating a decisive win of last year, WCRDC graduates will be entering an 8+ in the CRC Novice Program end-of-class regatta, which is held the same weekend.

Beyond the Weekend

With wonderful advocates Bev Buffkin and Gretchen Ellsworth at Potomac Boat Club, PBC began to offer WeCanRow the opportunity to row one or two nights a week out of their boathouse with their equipment. Alexandria Community Rowing made their facilities available during the winter months for ongoing training. Volunteers from both clubs are also great supporters of WCRDC. Starting last year, Capital expanded its role by offering a Wednesday night Novice

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"This weekend was a blast! The idea of taking... women with no experience in rowing and having them peeling across the Anacostia by the end of the weekend is mind blowing. What empowerment you have facilitated in all of us survivors."

- 2007 WeCanRow participant



After just three days of coaching and encouragement from coaches Holly Metcalf and Curt Frank, and Capital volunteers, WeCanRow members take to the river in an 8+.



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What Rowing Gives Survivors

After having battled against disease, against odds, against feeling helpless and hopeless and tired and sick, working together to make a boat go fast and watching the sun rise or set from the water is especially sweet. Knowing that you can challenge your body, feel sore, and feel good about that pain is knowing that you're truly beating the disease and all that goes with it.

This year's WeCanRow weekend is fully subscribed yet again. Stay tuned for a call for – you guessed it – volunteers. Speak to your teammates, like Dorene Haney, Laura Chalmers, Jen Ney, Janet Fitch, Liz King, Rachel Freedman, Rich Fitzgerald, James Smailes, Michael Brown, Molly McCoy, Meghan Snyder, and Yolanda Harden – among others – to find out how much even the volunteers take away from this amazing weekend.

Thank you Capital! Be proud to be Capital!

Program for weekend participants to facilitate transitioning into other programs. This year's novice program will be coached by Dorene Haney (who, thankfully, can't seem to get enough of Capital or coaching.)

WeCanRow DC boats have entered the Head of the Potomac and, last year, participated in a composite WeCanRow—National entry at the Head of the Charles Regatta.

In addition, WeCanRow is participating in a research project with the world-renowned Dana Farber Cancer Institute in Boston, to study the effects of physical exercise on breast cancer patients' post-treatment quality of life. Conventional wisdom had it that all survivors

should totally avoid ALL upper body exercise or strenuous activity because of the risk of lymphedema (chronic swelling of the hands and arms due to lymph node removal). That notion is at last becoming outdated.

To Sum Up

WeCanRow fits in perfectly with CRC's commitment to bring new rowing opportunities to the greater D.C. community and, without Capital, WeCanRow DC probably would not exist. Not surprisingly, the level of Capital's enthusiasm and generosity impresses new participants each and every year. Said one woman: "This weekend was a blast! The idea of taking . . . women with no

www.wecanrowdc.org

IT'S NOT EASY BEING GREEN

Novices take to the water

BY SAMEERA HASAN, Club AM & Sculling programs

Well, Capitalists, spring has sprung at our rowing club. Birds are chirping, launches are buzzing, coxswains are commanding. Our rowing year has started anew. But Spring is not just time for us to start rowing again. April also marked the beginning of Capital's Novice Sweep and Sculling classes.

The Sweep Novice, or Learn to Row, classes are offered for five weekends or three weeks (Monday – Friday), three times per year. Novice Sculling is offered to experienced sweep rowers. The complete schedule for this year has not yet been fully determined. Historically, both sweep and scull learn to row classes fill up quickly and are often full, and have wait-lists.

These novice classes are vital to our overall success as a club. Looking at Capital's Competitive teams and club programs, you will see many graduates from our own novice classes. The novice programs provide many potential new members for the club in addition to generating some operating income. New members bring with them referrals, business contacts, professional skills, and add to our pool of volunteers.

However, it's not easy being green. As we

attend our regular practices during the week or on Sundays, try to recall what it was like to be new to the sport of rowing. Think about the time and effort it took to learn and understand the commands, body motions, and practice routine. Now imagine trying to teach those terms and concepts to about 25 new adult rowers-to-be, without any help. It's a daunting task *with* help, but it's almost impossible without.

Please consider volunteering to help the novice sweep coaches, whether on the weekends or weekdays. You get to be the face of Capital by showing the new recruits how much fun, and how knowledgeable, you are. You get to see the best novices and gently nudge them toward participating in your program. You get to help the ones who take a bit more to "get it" and know that you really helped someone learn. And, last but not least, you get credit toward fulfilling your Volunteer Corps requirement for the membership year.

So, grab your pair-mate and head on down to help out. It's a lot of fun, as you can see from the pictures! The novice coaches and students will be very happy to see you!



Dorene Haney, a member of Capital's Competitive Women's team, is one of the novice coaches this year, along with former Club AM rower Austin Middleton (not shown). Lend them a hand and volunteer.



From instruction on land, to learning to control an oar in the barge, to rowing in the sweep boats - CRC's novices progress through the program.

Volunteer to help a novice class:
membership@capitalrowing.org

If you have friends that have talked about learning to row:
learntorow@capitalrowing.org



TEST YOUR CAPITAL I.Q.

Do you know your Capital Trivia?

Name the program and regatta in which a Capital boat hit a bridge, ran aground – and still won the race. BONUS: include the year of the race.

The first two current members to respond correctly will **get \$1 off of their first race fee.** Bonus is for feel-good points only! Email your answer to secretary@capitalrowing.org.

** Newsletter Committee, Board members, and the provider of this Capital fact (Jeff Loftus, Club AM program) are not eligible to win.

FRIENDS OF CAPITAL

These small businesses provide Capital's Vice-President of Operations, Michael Brown, and his corps of dutiful volunteers with much-needed assistance. Please support those who help support us!

WHS Plumbing and Heating

William Satterwhite
(202) 262-8676
<http://whsplumbingandheating.com/index.html>

Frager's Hardware

(202) 543-0100
1107 Pennsylvania Ave. SE

SAW PROGRAM HAS SEEN SUNNIER DAYS

A Sunday morning row turned into quite an experience

BY MARY ELLSWORTH, SAW program

Once again the fearless Seniors and Weekend (SAW) group picked the rainiest morning of the weekend to row. This has been our luck so far this season. We set out in a four, with Malcolm Churchill in cox seat, onto a drizzly and grayish-green river. Our coach, Liz King, was along side in the launch. Papiya Gupta was huddled into the bow seat. The river was flat and the rowing was easy, although the four was still a bit unsteady this early in the season. No one expected to stay dry – we were out for a rainy row under a light gray and billowy sky, save for a few sunbeams sneaking down between clouds to the east.

After the pick drill Malcolm guided us out beyond the Destroyer, almost to the buoys, and then we turned and crossed the river. The sky was grayer as we headed back up and through the 11th Street Bridge. We stopped, and then Liz changed us to a pause drill. We faltered at the start, as I, stroke, was distracted by the sight of a much darker and heavier line of clouds coming in from the west. We got the drill going and were soon under the Pennsylvania Avenue Bridge. Malcolm called for us to weigh enough, where we then waited for Liz's comments. A flash of lightning caught us all by surprise, which was soon followed by an ominous roll

of thunder. We waited for a single to pass and then did a quick row across the river. We were set ready to row by all four when another flash seared the sky. It was then that the real rain started ...

Ready all, ROW! Suddenly we were four rowers driven by a common wish to get off the water. We passed back under the bridge at a rate of about 20 spm in a worsening deluge. The long expanse of the river stretched before us like an unfurled bolt of gray fabric dotted Swiss with animated dots; raindrops pelted the water's surface. Another lightning flash. More thunder. The single was out of sight. "Double it!" shouted Liz from the launch. Never had a four run so well on the third day out for the season. We pulled together stroke after stroke, the rain filling our eyes and the boat.

Malcolm was quiet; no commands were needed now. We pulled as one and sped along the river. Just off to the south came more thunder and another lightning flash. We were tense but calm, rowing with focus. Finally the barges pulled into our peripheral vision and a moment later Michael Brown and John Imperial were catching our oars at the dock, the drum sound of the pelting rain now deadened under the umbrella of the bridge. A few moments later we welcomed

the extra hands on the boat as we brought it up and overhead. Swoosh! Water poured out of the semi-swamped coxed four and over our heads. Any last square centimeter of clothing that had escaped the soaking rain was now also drenched. But after all of that excitement, no one seemed to notice.

Although no one thought of it as we squish-squish-squished our way back to the boathouse, we now know that in just a few weeks the blistering heat and high humidity of a summer in D.C. will soon descend upon us – and make us long for rowing on a drizzly April morning (thunderstorms not included.)

SAFETY TIP

If a storm happens upon a crew very quickly, which may endanger the crew, the coach must radio another coach on the water at that time and/or find the safest place to land the crew. If the crew is more than 1,000m from the docks, the boats are to be landed on the shore, and the rowers must get out quickly and safely. Once on land, rowers should seek shelter or wide open spaces.